

## Other Services...

- **Counselling**
- **Parenting Courses**
- **One to One Parenting Support**
- **Parent Advocacy Support Group**
- **Childcare including Free Preschool Year schemes (ECCE)**
- **Literacy Support Programme**
- **Summer Camps**
- **Laugh 'N Craft Group**
- **Women's Shed**
- **Men's Shed**
- **Community Garden**
- **Information & Advice**
- **Meeting & Training Room Hire**

### Other Group Supports including

- **GROW**
- **AI ANON**
- **A.A.**
- **G.A.**



## Art Therapy

**Group & Individual Sessions**

**Information Leaflet**



**Low Cost**

**Confidential**

**Professional**

**Children**

**Adults**

**Group & Individual Sessions**

**Le Chéile Family Resource Centre  
Mallow Community Campus  
Fair Street  
Mallow  
Co. Cork**

**Tel: 087 373 5000 / 022 424 39  
counselling@lecheilefrc.ie**

**f Le Chéile Family Resource Centre**

## Referral To Art Therapy

Our Art Therapy Service is accessible to all.

For all information regarding appointments call us on 087 3735000 or 022 42439

We accept referrals from GP's, Hospitals, Schools, Colleges, Community Services and Organisations as well as directly from individuals.

## How Art Therapy Can Help

**Art Therapy is a way of supporting people to explore their issues and develop an emotional language in a safe and confidential setting.**

Le Chéile FRC Art Therapy service provides Art Therapy sessions where the Art Therapist will collaborate with the client to discover what his/her artwork means to him/her.

**Art Therapy is used to facilitate creative expression where the client uses art materials and the art process as a way of communicating their thoughts, feelings and experiences.**

Art Therapy differs from other therapies in that it uses various art tools; paint, clay, collage, etc. to support people to express and raise awareness of their issues beyond the reach of words alone.

## Your Attendance

As our service is in high demand it is essential that you can commit to attending your pre-arranged appointments. Art Therapy appointments are pre-paid. At your first session your Art Therapist will outline our attendance and cancellation policy in detail and you will be given a copy for your own information.

**Please note it is not suitable to bring children with you to adult Art Therapy sessions.**

## Fees

**We offer a low cost scale of fees for our Art Therapy Service**

Price on Application

## Children Under 18:

Consent required by both Parents/Guardians, unless sole guardianship applies. Copy of sole guardianship paperwork required.

Parents must stay on the premises for the duration of each session.



## Confidentiality

All information regarding Art Therapy is confidential between the Art Therapist and the client, no information will be released unless you are consulted, have read and signed a disclosure form and the disclosure is to aid progress in therapy.

Art Therapists do not submit reports to legal bodies, prepare clients for court or represent them in court (unless subpoenaed).

Detailed notes of sessions are not kept. Demographic information is kept for record purposes. All information is kept in a secure on-site location.

## Limits To Confidentiality—

1. If the Art Therapist believes that you or someone else is in serious danger they must share this information with the Gardaí or TUSLA.
2. If issues concerning child protection are disclosed.

If you meet your Art Therapist outside the centre it will be dealt with sensitively.

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